

## VitalMeals Week 86

### [Default Store]

#### ● Baking products

1 package Kitchen string (Bacon Wrapped Pork) n/a

#### ● Bread

1 cup Bread crumbs (Coconut Crusted Chicken) \$0.19

#### ● Canned vegetables

28 oz can Diced tomatoes (Low Carb Chicken Tortilla Soup) n/a

1 can Diced tomatoes with green chilies (Skillet Taco Bake) \$1.70

2 Tbs Tomato paste (Low Carb Chicken Tortilla Soup) \$0.17

2 cups Tomato sauce, low sugar (Low Carb Lasagna Meatballs) n/a

#### ● Dairy

1/4 cup Cream cheese (Pizza--- Philly Cheesesteak Style) \$0.59

1 1/2 cups Mozzarella cheese, shredded (Low Carb Lasagna Meatballs) n/a

1/4 cup Parmesan cheese, grated (Low Carb Lasagna Meatballs) \$0.63

2 cups Pepper jack cheese (Skillet Taco Bake) n/a

8 slices Provolone cheese (Pizza--- Philly Cheesesteak Style) n/a

1 cup Ricotta cheese (Low Carb Lasagna Meatballs) \$1.65

#### ● Fresh seafood

2 lbs Shrimp (Shrimp and Avocado Salad) n/a

#### ● Meat and poultry

1/4 lb Bacon, nitrate free (Bacon Wrapped Pork) n/a

6 oz Beef flank steak (Pizza--- Philly Cheesesteak Style) n/a

2 lbs Beef, grass-fed, ground (Low Carb Lasagna Meatballs) (Skillet Taco Bake) n/a

8 Chicken breast tenders, uncooked (Coconut Crusted Chicken) n/a

2 ea Chicken breasts, boneless, skinless (Low Carb Chicken Tortilla Soup) n/a

1 lb Hot Italian sausage (Low Carb Lasagna Meatballs) n/a

1.5 lb Pork roast (Bacon Wrapped Pork) \$6.74

#### ● Mexican food products

4 Low carb tortillas (Pizza--- Philly Cheesesteak Style) n/a

#### ● Produce

4 ea Avocados (Shrimp and Avocado Salad) \$7.96

3 cups Baby spinach (Skillet Taco Bake) \$0.39

1 large bunch Broccoli rabe (Garlic Broccoli Rabe) n/a

2 cups Carrots, shredded (Low Carb Chicken Tortilla Soup) \$0.39

2 cups Celery (Low Carb Chicken Tortilla Soup) \$0.38

2 large bunches Fresh cilantro (Shrimp and Avocado Salad) (Low Carb Chicken Tortilla Soup) n/a

2 Tbs Fresh rosemary (Bacon Wrapped Pork) \$0.27

3 ea Green bell peppers (Skillet Taco Bake) (Pizza--- Philly Cheesesteak Style) \$1.53

1 lb Green snap beans, French style (String Beans with Shallots) \$1.60

2 ea Jalapeno peppers (Low Carb Chicken Tortilla Soup) \$0.08

8 cups Lettuce (Shrimp and Avocado Salad) \$2.95

4 oz Mushrooms (Pizza--- Philly Cheesesteak Style) \$0.87

2 1/2 ea Onions, sweet (Pizza-Philly Cheesesteak Style) (Low Carb Chicken Tortilla Soup) n/a

3 large Shallots (String Beans with Shallots) n/a

#### ● Spices and seasonings

1 packet Taco seasoning mix (Skillet Taco Bake) \$1.38

#### ● Organic

1/2 cup Coconut flakes, unsweetened (Coconut Crusted Chicken) n/a

**Store Total: \$29.47**

**Grocery List Total: \$29.47**

### Stores

[Default Store].

## Recipes

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String Beans with Shallots  
Low Carb Chicken Tortilla Soup  
Garlic Broccoli Rabe  
Skillet Taco Bake  
Coconut Crusted Chicken  
Bacon Wrapped Pork  
Low Carb Lasagna Meatballs  
Shrimp and Avocado Salad  
Pizza--- Philly Cheesesteak Style